

# BOOT CAMP

## RECIPE OF THE MONTH

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### Iron Soup

- 1 tbsp olive oil
- 1/2 red onion, chopped
- 1 lb chicken breast, cut into cubes
- 2 14-oz cans low-sodium chicken broth
- 10 oz spinach
- 1 15-oz can light red kidney beans, drained
- 1 15-oz can dark red kidney beans, drained
- 1 15-oz can organic cannellini beans, drained

1. Heat oil over medium heat in a large pot. Saute onion for 2 minutes.
2. Add chicken and cook for about 10 minutes. Stir in broth and bring to a boil.
3. Add spinach and let simmer for 2 minutes. Add all beans, cover and let cook for 2 minutes. Let cool and serve.

Ready in 25 minutes. Makes 8 servings.

Nutrients per serving: Calories: 360, Total Fats: 3g, Saturated Fat: 0g, Cholesterol: 35mg, Sodium: 440 mg, Total Carbohydrates: 50 g, Dietary Fiber:

15g, Sugars: 3 g, Protein: 33 g, Iron: 8 mg

Energy booster! One serving provides 45 percent for your iron RDA.

Bonus tip! Rise your beans to decrease sodium by 30 percent.

It tastes even better the next day! I make a lot and we eat it all week long!

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